

Basic Report 11596, Winged beans, immature seeds, cooked, boiled, drained, without salt

Report Date: May 27, 2019 00:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 62g
Proximates			
Water	g	90.11	55.87
Energy	kcal	38	24
Protein	g	5.31	3.29
Total lipid (fat)	g	0.66	0.41
Carbohydrate, by difference	g	3.21	1.99
Minerals			
Calcium, Ca	mg	61	38
Iron, Fe	mg	1.09	0.68
Magnesium, Mg	mg	30	19
Phosphorus, P	mg	25	16
Potassium, K	mg	274	170
Sodium, Na	mg	4	2
Zinc, Zn	mg	0.28	0.17
Vitamins			
Vitamin C, total ascorbic acid	mg	9.8	6.1
Thiamin	mg	0.086	0.053
Riboflavin	mg	0.072	0.045
Niacin	mg	0.652	0.404
Vitamin B-6	mg	0.082	0.051
Folate, DFE	µg	35	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	4	2
Vitamin A, IU	IU	88	55
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup 62g
Fatty acids, total saturated	g	0.181	0.112
Fatty acids, total monounsaturated	g	0.189	0.117
Fatty acids, total polyunsaturated	g	0.142	0.088
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other